



Menus for Those Who Are Under Weight



By VIRGINIA CARTER LEE

WHEN a fattening diet is desired for members of a family it must be remembered that not only should certain foods (rich in fats) be included in the daily menus, but that also, as a rule, the food intake must be increased; thus a glass of rich milk taken between meals will add about 170 calories, and an extra pat of butter for each meal will mean an increase of about 150 calories.

Avoid, if possible, all acids, especially lemon juice, but use green vegetables seasoned with butter, and salads, dressed with plenty of oil. Mayonnaise, containing as it does both egg yolks and olive oil, should be freely used, and baked potatoes with liberal portions of butter, as well as cocoa, made with milk and topped with sweetened whipped cream, will quickly add pounds to the weight in a most satisfactory manner.

In the menus for the coming week the dairy bill is the heaviest of all, but the meat bill, to counteract this, is materially curtailed. Meat, unless a good deal of fat is eaten with it, is not a fat producer, and it is the wiser plan when the family is not partial to fat meat to serve instead one of the fatter varieties of fish, like Spanish mackerel or salmon.

When planning for Monday's menu use the stiffly whipped whites of two eggs (with half a cup of cream) for the prune whip and reserve the yolks to mix with the hot bouillon served at the evening dinner. The latter not only improves the bouillon, but adds to its fat-producing qualities.

In making the apple cheese pie for Saturday's dinner try the following method: Line a deep pie plate with pastry, rolled thin, and fill with pared and sliced tart apples. Roll out the upper crust and lay on lightly without pressing down. Bake in a hot oven, and

when brown and the fruit is soft run a knife between the crusts. Take off the top crust and mix with the hot apple a tablespoonful of butter, three-quarters of a cupful of sugar, a few grains of salt and an eighth of a teaspoonful each of ground cinnamon and nutmeg. Mix well, and just before putting on the upper crust add a thick dusting of grated cheese. Serve immediately.

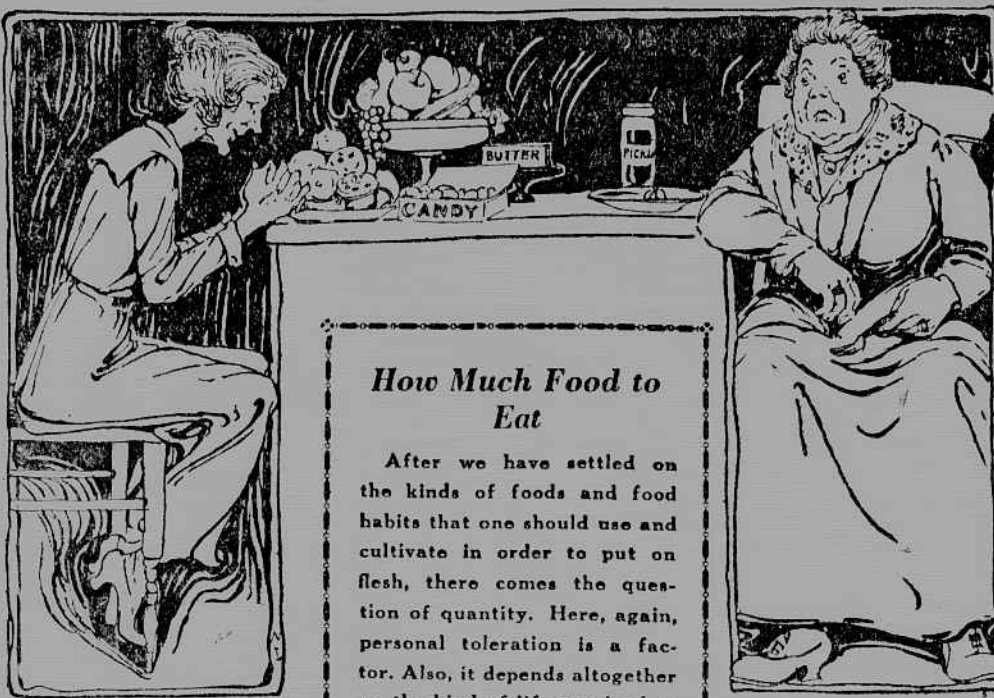
Supplies for the week will include at the butcher's one pound of salt pork for 42 cents, two ounces of smoked beef, at 4 cents an ounce; a quarter of a pound of bacon, at 45 cents a pound; one and a half pounds of breast of mutton, at 28 cents a pound; one pound of chopped veal, at 32 cents a pound, and two pounds of short steak, at 48 cents a pound.

At the fish market, one and a half pounds of Spanish mackerel, at 30 cents a pound; one can of salmon for 30 cents, one-third of a pound of salt cod for 12 cents, one and a half pounds of haddock (for chowder), at 25 cents a pound; twenty-four oysters (small), at 18 cents a dozen, and a can of flaked crab meat for 40 cents.

Dairy products will include twelve quarts of Grade B bulk milk, at 14 cents a quart; eight quarter pints of cream, at 13 cents a bottle; two pounds of table butter, at 70 cents a pound; half a pound of oleo, at 38 cents a pound, and three dozen eggs, at 72 cents a dozen.

Marketing prices should run at the following approximate figures:

Butcher bill	\$2.92
Fish bill	2.01
Dairy products	6.47
Fruits	1.76
Vegetables	1.82
Groceries	3.62
Total	\$18.00



How Much Food to Eat

After we have settled on the kinds of foods and food habits that one should use and cultivate in order to put on flesh, there comes the question of quantity. Here, again, personal toleration is a factor. Also, it depends altogether on the kind of life you lead as to how much fuel you should put in. Naturally, an engine standing in the roundhouse

doesn't need to get up the steam that is used in one making a run on the Twentieth Century to Chicago in twenty hours. Unhappily, too often the one who lies in the hammock and reads light fiction gets the candy, while the washwoman gets none—and this should be reversed. For sugar is "kindling wood" in the body furnace.

All exercise is not physical, of course, but people who are doing mental gymnastics do not need a laborer's diet. Each one of these cases is in a way a story in itself. Detailed suggestions are made in the accompanying article along these lines, and a sensible book or two on the subject will enable any woman to feed her family sanely whatever their individual needs (and they may be very different), without using either an adding machine or a calorimeter.

TESTED RECIPES

Beet and Fish Salad

Boil four large beets in salted water and when tender peel and with a vegetable scoop take out a portion from the centre of each. Chill on the ice and chop the removed portions finely. Flake three-quarters of a cupful of the left-over mackerel, add the chopped beet, half a cupful of minced celery, one tablespoonful of shredded parsley, one chopped hard boiled egg and sufficient mayonnaise dressing to moisten. Fill into the prepared beet cups that have been set in lettuce cups, mask with additional mayonnaise and garnish with capers.

Maple Brown Bread Ice Cream

Beat two eggs lightly and blend with one cupful of hot maple syrup. Cook over hot water with a few grains of salt until the mixture is quite thick. Remove from the fire and when cold fold in half a pint of chilled double cream whipped solid and half a cupful of crushed dried Boston brown bread crumbs. Freeze slowly, using three measures of cracked ice to one of rock salt.

Cocoa Muffins

Dissolve three tablespoonsful of cocoa in half a cupful of boiling milk and cool. Mix together one and a quarter cupful of flour, one-quarter of a teaspoonful of salt and two scant teaspoonfuls of baking powder. Cream three-quarters of a cupful of sugar with two tablespoonsful of shortening, add the beaten yolk of two eggs, the cocoa mixture, then the dry ingredients and, lastly, fold in the

stiffly whipped egg whites. Bake in well greased muffin tins in a moderate oven for twenty-five minutes.

Spanish Eggs

Beat four eggs lightly and add a scant third of a cup of stewed and seasoned tomatoes pressed through a sieve. Add also half a grated small onion, half a teaspoonful of celery salt, salt and paprika to taste and a dozen and a half ripe olives that have been cut from the stones in shreds. Turn into the upper part of the double boiler and cook, stirring constantly, until the whole is a light, creamy mass. Serve with squares of crisp fried hominy.

Crab Ravigote

Season half a pound of flaked crab meat with half a teaspoonful of salt, a quarter of a teaspoonful of paprika, a few grains of cayenne, half a teaspoonful of made mustard and one teaspoonful of chopped parsley. Add also one chopped hard boiled egg, two tablespoonsful of olive or vegetable oil, one finely chopped hard boiled egg, and two tablespoonsful of weak vinegar. Arrange in scallop shells or crab shells, spread with mayonnaise dressing and garnish with bits of pimientos and parsley.

Egg and Ripe Olive Sandwiches

Pass through the meat grinder the yolks of two hard boiled eggs, one small cupful of ripe olives cut from the stones, and add half a cupful of finely chopped celery. Moisten with a boiled dressing two tablespoonsful of roasted peanuts and spread generously between buttered slices of bread.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST Cooked Farina with Prune Cream Whip Shirred Eggs Buttered Toast Coffee Watercress	BREAKFAST Baked Apples with Nuts Creamed Smoked Beef Potato Cakes Muffins	BREAKFAST Steamed Cereal with Shredded Dates Top of Bottle Fish Cakes Buttered Toast Coffee or Cocoa	BREAKFAST California Grapes Dry Cereal Top of Bottle Broiled Bacon Cocoa Muffins Coffee	BREAKFAST Baked Bananas Parsley Omelet Raised Potato Rolls Cocoa	BREAKFAST Preserved Apples Fried Scrapple Buttered Toast Cocoa	BREAKFAST Sliced Oranges and Bananas Spanish Eggs Coffee
LUNCHEON Cream of Spinach Soup Croûtons Fruit Salad Cocoa Bread and Butter Sandwiches	LUNCHEON Beet and Fish Salad with Mayonnaise Dressing Reheated Muffins Hot Gingerbread with Whipped Cream	LUNCHEON Baked Beans with Salt Pork Boston Brown Bread Vegetable Salad Baked Apples with Cream	LUNCHEON Cream of Corn Soup Yolk of Egg and Ripe Olive Sandwiches Cocoa Cheese Cake	LUNCHEON Italian Macaroni Rye Bread Celery Stewed Peas Sponge Cake	LUNCHEON Welsh Rarebit Buttered Toast Olives Ginger Ale Coffee Soufflé	LUNCHEON OR SUPPER Crab Ravigote Celery Rolls Sponge Cake Chocolate with Whipped Cream
DINNER Clear Bouillon with Yolk of Eggs Broiled Spanish Mackerel Baked Potatoes Buttered Carrots Chocolate Bread Pudding Hard Sauce	DINNER Cream of Tomato Soup Baked Cheese Omelet Hashed Brown Potatoes Lettuce Salad Maple Brown Bread Ice Cream	DINNER Vegetable Soup Creamed Salmon in Green Peppers Baked Sweet Potatoes Green Peas Orange Salad Coffee Custard Peanut Macaroons	DINNER Oyster Soup Braised Breast of Mutton Mashed Potatoes Spinach Fruit Salad Whipped Cream Dressing	DINNER Celery, Ripe Olive and Cheese Canapés Fish Chowder with Salt Pork Crackers Cabbage and Tomato Jelly Salad Cocoanut Custard Pie	DINNER Mutton Broth with Barley Veal Loaf Cauliflower au Gratin Candied Sweet Potatoes Celery Apple Cheese Pie	DINNER Bouillon with Noodles Broiled Steak with Mushrooms Escalloped Potatoes Buttered Carrots and Peas Chicory Salad French Dressing Ginger Ice Cream with Marshmallow Sauce

A Few Words in Behalf of a Little Solid Flesh

By ANNE LEWIS PIERCE

THESE remarks are offered with apologies to the fashion editor. The Venus de Milo is out of style—we know it—but we still dare to admire her, even if she could not wear this season's skirts successfully. Happily she does not have to and for those who do slender contours are an admitted necessity.

The thinner the better is the aim of the hour. But from the sordid viewpoint of health, nerves, reserve force, yes, and even looks if you are over thirty—and some people must be, despite the returns that one hears at the registration booths—there is something to be said in behalf of not being "under weight." The sapling slenderness of youth is a lovely thing, the leanness of middle or old age is another matter. To be too fat is a calamity from any point of view. But to be up to weight makes for health, comfort, good temper and efficiency.

An underweight woman, scantily clad, is calling on her vital forces for the warmth and energy that she should be getting from food, clothes and reserve power. A good many may be seen in this condition—and

when they insist in tottering about on abnormally high heels into the bargain we venture to say that the endurance test is one that few male athletes could meet with any success. The physical inferiority of women, so-called, is largely lack of common sense in the care and clothing of their bodies.

What One Should Weigh

A woman between twenty and thirty, five feet four inches tall, should weigh from 125 to 130 pounds. From thirty to forty, the weight may be from 130 and 138; from forty-five to fifty, the correct weight is about 142. The scales and the measuring rod should not be applied only to the young. Now one cannot lay all the burden of getting either fat or thin on the food one eats. Miss Lee's menus are built to include foods that are essentially fattening—such as fat meats, cream, butter, starches (cereals, potatoes and bread) and sugars. But it isn't the food you eat but the food you assimilate that makes you gain flesh. And the balance of the ration, natural appetite (which affects the flow of the digestive juices), mild exercise, fresh air, quiet nerves, and a keen sense of humor all help to build good, healthy flesh.

It is hard to fatten a self-conscious, unhappy, irritable person; or a saint, for that matter, who is nevertheless tense, overwrought and ignorant of the meaning of "relaxation." Serenity and good humor are quite as fattening as cream and potatoes. An appetite aroused by exercise and fresh air means a better flow of digestive

juices and more perfect assimilation.

A Model Meal As to Amounts

In general, a woman weighing about 123 pounds, moderately active, would need about 2,720 calories a day; a man at a sedentary occupation (weight about 154 pounds) the

same. On the other hand, a 154-pound lumberman is accorded over 5,000 calories!

One need not perform a lengthy calculation over each meal—in such a book as "Feeding the Family," by Mary Swartz Rose, sample meals with the amount of each portion will give a good idea as to how to balance the ration. Normal "helpings" of

the following provide just about the 2,720 calories called for by the average, moderately active, woman in the course of the day:

Breakfast: Four prunes, 3 tablespoonsful of grape-nuts, 1 egg, 2 slices of toast, 1 pat of butter, coffee with sugar and cream.

Luncheon: Three-fifths of a cup of soup (corn chowder); fruit salad,

1 roll with butter, ½ cup chocolate blanc mange with 2 tablespoonsful of chilled cream.

Dinner: Broiled steak (3 by 1½ by ¼ inches), scalloped potatoes, scant one cup; buttered beets, 1-½ cup; lettuce and tomato salad; salted almonds (12); boiled custard, ½ cup; 2 macaroons.

This day's food is typical as to quantities, though the selection is made with a view to the fattening qualities of the menu. A woman who is not active would need slightly less (2,200 calories). This menu may be supplemented, if one is much under weight, by a cup of cocoa at 10:30 A. M. and an egg in orange juice in the afternoon.

Besides eating a liberal portion (not abnormal amounts) of the fattening foods named, the taking of goodly quantities of liquids with and between meals makes flesh. Purées, cream soups, hot cocoa or chocolate, milk and water on rising and on going to bed all help. But the diet should not be rudely disturbed in any direction, and it should be sane and well balanced. Gaining or losing flesh should be done slowly in order not to disturb digestion.

Specialties for Lean and Hungry Folk

Raw eggs between meals or beaten up in milk is a favorite de-

vice for putting on a few extra pounds. And skim milk has also been recommended because the flesh building protein is there and the water and minerals, and more of it can be tolerated than in the case of the whole milk with its full quota of butter fat. Plenty of butter should be eaten, for it not only has the fattening qualifications of other fats but has a particular growth-provoking power that vegetable fats do not share. Olive oil dressings and mayonnaise are, however, among the wholesome fats that the person seeking more weight can enjoy. They will be preferred by most to cod liver oil emulsions, though the latter is efficacious if the need is great.

The things to be eschewed are acids, especially lemons; the bulky watery vegetables that carry but little nutrition, such as tomatoes, pickled foods, fried foods; violent exercise and worry. Of course, one prefers pickles and discontent to cream and laughter, in order to preserve the slenderness of youth, well and good. But too little flesh over one's nerves and bones is apt to prove quite as unlovely as too much—and to spell diminished health and resistance as well. So look up the weight chart and weigh just what you ought to weigh—no more and no less. It is important to health and happiness as well as to looks.

Tested and Endorsed in The Tribune Institute

PERFECTION OIL HEATER

IF YOU need an auxiliary heater that is cheap both as to initial cost and operation and which is dependent on no household system, either of gas or electricity—a heater that may be picked up by the bail and its 9½ pounds of weight (16 pounds when filled) set down in any camp, or hall bedroom—if this meets your needs then a Perfection Oil Heater at \$8, with a gallon charge of kerosene at 16 cents, is what you want. It will give you almost a day (16 hours) of heat service for this amount of fuel. Since one-half pint is burned in one hour, at a cost of about 1 cent, this compares favorably with gas, while electricity costs from 5 to 6 cents.

The heater is cylindrical in shape, 24½ inches high, and occupies a floor space twelve inches square. The body is of black enameled sheet iron and steel and contains in the lower part a brass fount or reservoir holding one gallon, which is equipped with a round wick, a flame spreader, a wick adjusting wheel, an indicating device showing the quantity of kerosene in the tank and a bail for removing the fount for filling.

The cylinder is hinged at the base so that the upper section can be thrown backward and gives access to the burner. The upper section also has an opening with a fine wire gauze cover so that the flame can be seen. The bright yellow flame is guiltless either of odor or smoke if properly adjusted.

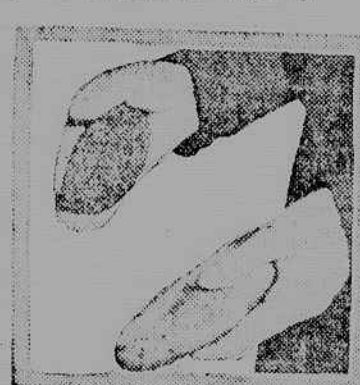
When the heater was placed in the centre of a room 18x24x12 feet the entire temperature was raised from 69 degrees to 74 within an hour when the outside temperature was 55 degrees Fahrenheit.

The top of the cylinder is flat and perforated so that it can be used to heat water or other liquids in an emergency. There are other models differing in trim and finish and varying in price from \$6.50 to \$11. The latter price provides for a brass reservoir and a blue enamel and nickel finish. For the winter camp

or shack or the farmhouse or for the city house when gas and coal run short, as they did even in New York last winter, a good, old reliable kerosene heater is as comfortable to fall back on as a feather bed.

Perfection Oil Heater No. 550, price \$8.

Made by the Standard Oil Company of New York, 555 West Twenty-fifth Street, New York City.



A VEGETABLE PEELER

IT'S the small grains of sand in the bearings of everyday life that make the friction. And it is the irritation of incessant disagreeable and laborious routine that puts the stigma on housekeeping. There is nothing more tiresome than the preparation of vegetables—fresh vegetables would be more

often served were it not for the time consumed in washing and preparing them. Peas for a large family mean a long "spell of shelling," and the root vegetables are notorious for their disastrous effects on time, temper and hands—both their looks and feeling.

The Hamlinite peeler claims to save food, hands, time and flavor and to promote health. The last claim is a bit ambitious, but in general the points are well taken. On actual test in the laboratory it took twice as long to peel a potato with a knife as with the peeler illustrated, and there was no painful and blackened thumb to protest against the use of this useful vegetable. Mineral salts are saved as well as potato substance, since the thinnest possible shaving is removed. Even with an uneven or gnarled potato the sharp point of the peeler makes good work swift and easy. The work is done over a pan of water, and both potato and peeler frequently dipped to give the best results.

Carrots, parsnips, turnips, oyster plants and even apples are successfully handled. This simple little device is merely an oval shaped piece of fluted tin, pointed at one end, which fits into the palm of the hand, the middle finger being inserted through the metal loop on the back. Into the tin case is fitted a piece of abrasant, which is a composition material of the nature of carborundum, such as is used in the large power paring machines employed in hotels. It is very durable, and guaranteed for five years by the maker.

Too often the housekeeper is tied hand and foot by petty tasks that are much more easily performed when they reach a magnitude that calls for machinery. The repetition of small jobs on a household scale makes "system" difficult. Here small devices like this one are a real help.

Hamlinite Potato Peeler. Price 50 cents.

Made by the Hamlin Peeling Machine Co., 430 West Eleventh St., New York City.

The hand that holds this potato peeler need never be blackened or roughened.

The Perfection Oil Heater No. 550, showing how it opens up for easy filling and lighting.



Institute Tested Recipes

Purée of Beets

4 red beets, 1-16 teaspoonful
2 teaspoonful mace,
salt, 1 sliced onion,
1 bay leaf,
1 teaspoonful 1 cupful cream,
pepper, 2 cloves, 1 cupful water,
1-16 teaspoonful 1 tablespoonful
cinnamon, butter.

Directions—Boil beets with spices until tender. Mash through a sieve and reheat with grated onion. Heat cream, add water in a double boiler and mix with the beets. Cook for five minutes and serve. B. V. Oshkosh, Wis.

This is an interesting and distinctly novel "purée" and as delicious as it is attractive. It would make an especially pretty first course for a pink luncheon. The flavors are perfectly blended, and the sweetness of the beets with the cream seems to give a "corn" flavor. As a point of interest, the purée was made from

beets canned in The Tribune Institute by the cold pack method two years ago, during war-time demonstration work. They were in perfect condition and very sweet.

This recipe makes a sufficient quantity for four persons at a cost of 25 cents.

Grilled Bacon and Cheese

Toast on one side only slices of graham bread about half an inch thick. On untoasted side place a slice of American cheese, one-quarter inch thick, and two slices of very thin bacon. Grill until cheese is melted and bacon crisp. Serve at once. J. G. K., New York City.

This makes an excellent luncheon or supper dish and is made to perfection on the electric grill in less than five minutes. Eight to ten cents for a portion, consisting of one large slice, would be the approximate cost, varying with the kind of bacon purchased.

Cracker Box Surprises

FOR the housewife with but little time at her disposal for the making of small, fancy cakes and cookies, and who realizes what an addition these dainty accessories are to the luncheon and supper table, the suggestion is offered that she test the possibilities contained in the cracker box.

Beginning with the soup course, try making "pudding crackers." These are best made from the thick, old-fashioned soda cracker, which can be split in halves. Place the split crackers in a deep dish and cover with ice cold milk, to which a piece of ice is added; then set the dish containing the crackers on the ice or in a very cold place for fifteen minutes.

A short time before serving drain off the milk, lift out the crackers with a perforated skimmer, lay in a greased baking pan and brush over quickly with a little melted oleo, dust lightly with salt and paprika and set in a very hot oven until they puff up and brown. The expansion is due to the transition from

the ice cold milk to the hot oven. Should these same crackers be intended for afternoon tea, spread the drained crackers with marmalade, sprinkle with granulated sugar and bake.

For the afternoon tea table even the plainest crackers may be deliciously disguised if treated as follows: Brush them over with melted oleo and then dust thickly with a mixture of crushed maple sugar and cinnamon or white sugar and cinnamon. Lay them on a baking sheet and crisp in a hot oven. On their removal from the oven press into each maple cracker a halved walnut meat and into the white sugar and cinnamon variety a plump, seeded raisin.

Still other variations may consist of stiffly whipped egg white, sugar, and either minced candied lemon or orange peel, chopped peanuts or a little grated chocolate. In all instances the mixture must be spread thickly on the crackers and then delicately browned in a moderate oven.